

NTDT 103

Referencing Assignment

Directions: Read the following passage on breastfeeding in the United States. Use the *AMA Manual of Style 11th Edition* for citing to make a reference page. All the information you will need is listed after the passage. Remember to list the references in order of appearance in the passage and use the correct abbreviations for journals. **This assignment is worth 25 points.**

1. **13 points.** Retype the paragraph below and cite each reference within the text using numbers. Number consecutively each/every reference **used in the order in which it appears in the text**. They should be identified with superscripts after the period. For, example the first reference cited will be written in this way when you revise the paragraph below:

For example, in the early 1900's, nearly all the infants born in the US were breastfed.¹

2. **12 points** Make a reference page. Center the title (References) at the top of the page. The first reference listed will be the reference cited first (1)—in this case resource B. All the information you will need for the citations will be given. **Use the Referencing Guidelines as well as the PowerPoint from class as a guide.**

Breastfeeding in the United States

The United States has seen many conflicting views on breastfeeding. Throughout the history of the United States, the rates of breastfeeding have changed significantly. For example, in the early 1900's, nearly all the infants born in the US were breastfed.¹ The use of wet-nurses was a common practice. Wet nurses are women who were hired to feed another family's child.² In the 1950's and 60's breastfeeding began to decline. This decline can partly be attributed to the increasing negative societal views on wet nurses. However, another contributing factor to this decline was the introduction of human milk substitutes, which made it possible for a mother to feed her child without breastfeeding.¹ Currently, breastfeeding has improved slightly, but is not meeting recommendations.

The Academy of Nutrition and Dietetics supports the World Health Organization's recommendation that an infant be exclusively breastfed until the age of 6 months.³ After 6 months, breastfeeding can be continued with the introduction of solid foods up to 2 years of age. While this may be the recommendation, the CDC reports that while most infants receive some breastmilk, most are not being exclusively breastfed or breastfed for as long as recommended.⁴ The US government has taken steps to improve these statistics through programs like Healthy People 2020.¹ Healthy People 2020 objectives include increasing the percentage of breastfed infants to 81.9% as well as the percentage of those fed exclusively up to 6 months of age to 25.5%.⁴

Resource A: Article in an Online Journal

Name of journal: Journal of Perinatal Education
Author: Emily E Stevens, Thelma E Patrick, Rita Pickler
Year: 2009
Title of article: A History of Infant Feeding
Volume: 18
Issue: 2
Doi: 10.1624/105812409X426314
Page numbers: 32-39

Resources B: Book

Page numbers: 160
Place of publication: Belmont, CA
Publisher: Wadsworth, Cengage Learning
Title of book: Nutrition Through the Lifecycle
Author: Judith E. Brown
Year: 2011

Resource C: Website

Author: Not available
Name of Website: Center for Disease Control and Prevention
URL: <https://www.cdc.gov/breastfeeding/data/facts.html>
Updated Date: August 1, 2018
Accessed Date: September 7, 2018
Published Date: Not available
Title: Breastfeeding

Resource D: Article in an Online Journal

Name of journal: Journal of the Academy of Nutrition and Dietetics
Author: Rachelle Lessen, Katherine Kavanagh
Year: 2015
Title of article: Position of the Academy of Nutrition and Dietetics: Promoting and Supporting Breastfeeding
Volume: 115
Issue: 3
Doi: 10.1016/j.jand.2014.12.014
Page numbers: 444-449

References

1. Brown, JE. *Nutrition Through the Lifecycle*. Wadsworth, Cengage Learning; 2011.
2. Stevens EE, Patrick TE, Pickler R. Journal of Perinatal Education. *A History of Infant Feeding*. 2009;18(2):32-39. doi: 10.1624/105812409X426314.
3. Lessen R, Kavanagh K. Journal of the Academy of Nutrition and Dietetics. *Position of the Academy of Nutrition and Dietetics: Promoting and Supporting Breastfeeding*. 2015;115(3):444-449. doi:10.1016/j.Jane.2014.12.014.
4. Breastfeeding. Center for Disease Control and Prevention. Updated August 1, 2018. Accessed September 7, 2018. <https://www.cdc.gov/breastfeeding/data/facts.html>